

**BY ORDER OF THE COMMANDER  
AIR FORCE OFFICER ACCESSION AND  
TRAINING SCHOOLS (AETC)**

**AFOATS INSTRUCTION 36-2007**

**10 DECEMBER 2004**



**Personnel**

**AFOATS FITNESS PROGRAM**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

---

**NOTICE:** This publication is available digitally on the Maxwell AFB Electronic Publications web page at: <http://www.maxwell.af.mil/msd/pubs/index.htm>. If you lack access, contact the Publications Management Office.

---

OPR: HQ AFOATS/SDTO  
(Capt David Dozier)  
Supersedes AFOATSI 36-2007, 9 April 2003

Certified by: HQ AFOATS/SDD  
(Lt Col Sharon K. Pruitt)  
Pages: 12  
Distribution: F

---

This instruction establishes policies, procedures and standards governing body mass index and body fat measurements and physical fitness assessments. It applies to all Air Force Reserve Officer Training Corps (AFROTC) cadets and Officer Training School (OTS) students. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with AFMAN 37-123, *Management of Records*, and are disposed of in accordance with the Air Force Records Disposition Schedule (RDS).

**SUMMARY OF REVISIONS**

**This document is substantially revised and must be completely reviewed.** This revision implements the Body Mass Index (BMI)/body fat standards required for entry into Air Force Officer Accession and Training Schools (AFOATS), and outlines the procedures for the Air Force Physical Fitness Assessment (PFA) IAW AFI 10-248, *Fitness Program*. Additionally, it requires all AFROTC cadets and OTS officer trainees to pass the mandatory Air Force PFA with a composite score of 75 or greater in order to receive a commission as a second lieutenant in the United States Air Force (para 2.6 and 3.4.4); provides additional guidance as to who can perform body fat measurements to include sister service cadre members (para 2.5.1.); and clarifies the use of circumference-based method as the only authorized body fat measurement technique (para 2.5.1.). This revision further provides guidance requiring AFROTC cadets and OTS trainees/students to complete the Fitness Screening Questionnaire (AFI 10-248, Attachment 4) within 30 calendar days, but NLT 7 calendar days prior to taking the PFA (para 2.6.1. and 3.4.2); and changes AFOATS PFT to Air Force PFA. A star (★) indicates revised information from the previous version.

<b>Chapter 1 – GENERAL GUIDELINES .....</b>	<b>3</b>
1.1. General Information .....	3
1.2. Privacy Act .....	3
1.3. Objectives .....	3
1.4. Air Force Physical Fitness Assessment (PFA) .....	3
1.5. Responsibilities .....	3
<b>Chapter 2 – AFROTC FITNESS PROGRAMS .....</b>	<b>5</b>
<b>Section 2A – AFROTC Body Mass Index (BMI) and Body Fat Standards</b>	
2.1. Objectives .....	5
2.2. HQ AFROTC Review .....	5
2.3. Cadet Responsibilities .....	5
2.4. Unit Responsibilities .....	5
★2.5. BMI and Body Fat Measurements .....	6
<b>Section 2B – AFROTC Physical Fitness Standards .....</b>	<b>7</b>
★2.6. Physical Fitness Standards .....	7
2.7. Temporary Medical Deferrals .....	9
<b>Chapter 3 – OTS FITNESS PROGRAMS .....</b>	<b>10</b>
<b>Section 3A – OTS BMI and Body Fat Standards .....</b>	<b>10</b>
3.1. Responsibilities .....	10
3.2. BMI and Body Fat Measurements .....	10
<b>Section 3B – OTS Physical Fitness Standards .....</b>	<b>10</b>
3.3. Responsibilities .....	10
★3.4. Physical Fitness Assessments .....	11
3.5. IMTs Adopted .....	12
<b><i>Attachment 1 – GLOSSARY OF REFERENCES AND SUPPORTING                                   INFORMATION .....</i></b>	<b><i>13</i></b>

## Chapter 1

### GENERAL GUIDELINES

**1.1. General Information.** The AFOATS fitness program is designed to encourage an overall healthy lifestyle and to improve military appearance. Body composition and physical fitness are linked to self-image and self-esteem. AFROTC cadets, OTS officer trainees, and student officers are responsible to achieve and maintain the physical fitness levels defined in this instruction. For the purpose of this instruction, the Air Force Physical Fitness Assessment will be referred to as the Physical Fitness Assessment (PFA).

**1.2. Privacy Act.** All BMI and body fat measurements shall be accomplished with reasonable accommodation for the student's privacy. Lists of names or photographs of students, their BMI or body fat measurement, and any other personal data may not be posted on bulletin boards or displayed in any manner that might cause embarrassment to the student or others. BMI and body fat information must be adequately safeguarded under the Privacy Act of 1974 and The Air Force Privacy Act Program to prevent unwarranted invasions of personal privacy, unintentional misuse, or unauthorized disclosure.

**1.3. Objectives.** The objectives of these programs are to introduce AFROTC cadets and OTS officer trainees and student officers to Air Force physical fitness standards, help them improve their overall health awareness and physical fitness level, and, as a result, ensure the students are prepared for the physical demands of active duty. Specifically, the objectives are to ensure students meet the Air Force BMI and body fat standards for entry into accession training programs and the Air Force pre-commissioning physical fitness requirements as outlined in AFI 10-248, *Fitness Program*. Additionally, student officers attending OTS' Commissioned Officer Training (COT) program must meet the Air Force BMI and body fat standards for entry into accession training programs. Physical Training (PT) programs and preventive health measures are used to maintain student officer health, fitness and safety. Furthermore, student officers are introduced to the Air Force's PFA standards.

**1.4. Air Force Physical Fitness Assessment (PFA).** Physical fitness is a key component in the development of an Air Force officer. As such, all AFROTC cadets and OTS officer trainees must pass the mandatory Air Force PFA with a composite score of 75 or greater to receive a commission as a second lieutenant in the United States Air Force. AFI 10-248 outlines procedures and guidelines for the PFA (Attachments 11, 8) and provides the fitness assessment score charts (Attachment 12). Administration and implementation details are provided in paragraph 2.6 for AFROTC cadets and in paragraph 3.4 for OTS officer trainees.

### 1.5. Responsibilities.

1.5.1. For all AFROTC cadets and OTS officer trainees, the AFROTC Detachment Commanders and OTS Commander will:

1.5.1.1. Implement and conduct PT programs.

1.5.1.2. Conduct physical fitness assessments in accordance with AFI 10-248.

1.5.1.3. Conduct BMI and body fat measurements in accordance with AFI 10-248 and DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*.

1.5.1.4. Take the appropriate disenrollment or administrative actions for those students who fail the PFA or who are not within the Air Force BMI and body fat standards.

1.5.2. For all student officers attending COT, the OTS/CC will implement and conduct a PT program.

---

## Chapter 2

### AFROTC FITNESS PROGRAMS

#### *Section 2A – AFROTC Body Mass Index (BMI) and Body Fat Standards*

##### **2.1. Objectives.**

2.1.1. Provide a periodic review of the BMI and body fat percentage of all cadets to ensure cadets meet Air Force accession standards.

2.1.2. Assist cadets who exceed their maximum body fat percentage through PT, counseling and monthly re-evaluation.

**2.2. HQ AFROTC Review.** HQ AFROTC/RRF will review all disenrollment actions, waiver requests, or evaluation for continuation requests and may direct a conditional event or grant a waiver in lieu of disenrollment in accordance with AFROTCI 36-2011, *Administration of Senior Air Force ROTC Cadets*.

##### **2.3. Cadet Responsibilities.**

2.3.1. Non-contract cadets must meet BMI or body fat standards prior to enlistment and/or Field Training (FT) attendance.

2.3.2. Contract cadets are responsible for maintaining BMI and/or body fat standards. Cadets must meet Air Force BMI or body fat standards in order to activate and/or retain an AFROTC scholarship, to meet the Professional Officer Corps (POC) Selection Program (PSP) selection board, to attend and successfully complete FT, and to remain in good standing as a member of the POC through commissioning.

##### **2.4. Unit Responsibilities.**

2.4.1. Conduct BMI checks on all cadets during each fall and spring term, within 15 days prior to enlistment, within 15 days prior to activating scholarships, prior to FT attendance as part of the Qualifying Fitness Review (QFR) IAW AFROTCI 36-2010, *AFROTC Field Training Program*, and within 30 days prior to commissioning.

2.4.2. Conduct official body fat measurements for cadets (if required) instead of transporting them to the support base's Health and Wellness Center (HAWC).

2.4.3. Measure the body fat percentage of any cadet (contract or non-contract) for the following reasons: (1) cadet exceeds BMI of 27.5 kg/m<sup>2</sup> (see DoDI 1308.3, Table E2.T1) or (2) whenever otherwise deemed appropriate by the unit commander (for personal appearance). Counsel non-contract cadets on the requirement to meet BMI or body fat standards prior to enlistment and FT attendance.

**2.5. BMI and Body Fat Measurements.** A cadre or staff member (no cadets) will conduct BMI and body fat measurements (if necessary) each fall and spring term (semester/quarter) on all cadets. BMI measurements may be accomplished during orientation or similar periods immediately preceding the fall term.

★2.5.1. A cadre or staff member of either gender may accomplish BMI measurements; however, body fat measurements **must** be taken by a cadre or staff member (to include Air Force Institute of Technology (AFIT) students) of the **same** gender. In the event a cadre member of the appropriate gender is not available to conduct body fat measurements, a host institution employee (secretary, nurse, coach, cadre member of sister service program, etc.) may do so *after receiving appropriate training from a qualified cadre member*. A cadre member is deemed qualified after reviewing procedures in DoDI 1308.3, E3. Unit commanders should identify one male, one female, and one alternate for each (if possible) for conducting body fat measurements. Additionally, use only the body fat measurement procedures outlined in DoDI 1308.3, E3. No other measurement technique is authorized for the body fat measurement. Further, all BMI and body fat measurements should be accomplished with reasonable accommodation for the cadet's privacy. For example, it is inappropriate to perform BMI or body fat checks in a public area where other cadets are present or may overhear the measurement results.

2.5.2. Follow directions in DoDI 1308.3, E3, for performing BMI checks. Refer to DoDI 1308.3, E2.T1, for maximum and minimum allowable BMI standards. Members who have a BMI > 27.5 Kg/m<sup>2</sup> will have a body fat measurement taken IAW procedures stated in DoDI 1308.3. Members who have a BMI <19 kg/m<sup>2</sup> will be referred to their provider for medical evaluation.

2.5.2.1. HQ AETC/SG must reevaluate contract cadets who drop below their minimum allowable BMI due to a change in medical status. Procedures for medical recheck status (MRS) are located in AFROTCI 36-2011.

2.5.3. The Air Force maximum body fat standards are: 20 percent for men 29 years old and younger, 24 percent for men 30 years old and older, 28 percent for women 29 years old and younger, and 32 percent for women 30 years old and older. Refer to AFI 10-248.

2.5.3.1. Refer to DoDI 1308.3, E3.T1, to determine the individual's body fat percentage using the circumferential measurement technique. This is the only body fat measurement technique accepted by the United States Air Force.

2.5.4. Conduct BMI checks for POC and College Scholarship Program (CSP) designees up to 15 days prior to enlistment and measure body fat if appropriate.

2.5.4.1. Contract cadets and medically certified cadets/applicants who do not meet minimum BMI standards must be reevaluated by HQ AETC/SG. However, unit commanders may delay the reevaluation up to 45 calendar days to allow cadets/applicants who are not more than five pounds under their minimum allowable weight to meet BMI standards. If they reach their BMI standard within 45 calendar days, AETC/SG evaluation is not necessary.

2.5.4.2. Underweight or over body fat non-contract cadets/applicants. Use an AFROTC Information Management Tool (IMT) 16, **Officer Candidate Counseling Record**, to advise cadets of the Air Force BMI and body fat standards, the requirements for scholarship activation and/or entry into the POC, and place the individuals in Special Student or Pursuing Status as appropriate.

### ***Section 2B – AFROTC Physical Fitness Standards***

★ **2.6. Physical Fitness Standards.** Physical fitness is a key component in the development of an Air Force officer and should never be taken lightly. Cadets must meet the **mandatory** Air Force physical fitness standards in order to activate or retain an AFROTC scholarship (details in AFROTCI 36-2019), to meet the PSP Selection Board, to attend and successfully complete Field Training, and to remain in good standing as a member of the POC through commissioning. Cadets must pass the mandatory Air Force PFA with a composite score of 75 or greater to receive a commission as a second lieutenant in the United States Air Force. AFI 10-248, (Attachments 11, 8) outlines procedures and guidelines for the PFA and (Attachment 12) provides the fitness assessment score charts.

★ 2.6.1. Term Requirements: As a minimum, the PFA will be officially administered to all cadets by cadre members each fall and spring term (semester/quarter). All students must complete the Fitness Screening Questionnaire (see AFI 10-248, Attachment 4) within 30 calendar days, but NLT 7 calendar days prior to taking a PFD or PFA. Cadets should be tested no later than 60 calendar-days after the beginning of each fall and spring term to allow ample time for retest of failures (see para 2.6.4.3). **Eligibility to enlist:** Refer to AFROTCI 36-2011, para 4.3.

2.6.2. Physical Fitness Diagnostics (PFDs) are highly encouraged as part of a total fitness program. These sessions **must** be announced and administered as “practice”. No official PFA can be declared diagnostic or “practice” after the fact in order to mask poor performance. A PFD may not be used to qualify or disqualify a cadet for a scholarship or enlistment. All cadets must complete the Fitness Screening Questionnaire prior to participating in a PFD.

2.6.3. See AFROTCI 36-2019, *AFROTC Scholarship Programs*, for guidance on physical fitness requirements for scholarship actions.

2.6.4. The unit commander is responsible for the following actions for all **contract** cadets who fail any **official** PFA:

2.6.4.1. Notify cadets, by AFROTC IMT 16, that they are responsible for participating in an exercise program.

2.6.4.2. Refer to AFROTCI 36-2011 for required cadet personnel actions for failure to meet military retention standards. See AFROTCI 36-2019 for additional procedures governing scholarship cadets.

2.6.4.3. Retest contract cadets who fail the PFA approximately, but NET 30 calendar days after the failure. Cadets may continue to participate (for practice only) during the 30-day interval to reinforce rehabilitative efforts; however, no other official PFA will be administered to that respective cadet within 30 calendar days of the initial PFA failure.

2.6.4.3.1. A cadet may request a waiver in writing to retest in less than 30 calendar days of the initial PFA failure. Requests will be subject to the detachment commander's approval. The failure of a PFA officially waived to less than 30 days will count as an official failure.

2.6.4.4. A contract cadet who fails the retest must continue to retest approximately every 30-calendar days until he or she passes the PFA or the term ends. Contract cadets who fail to pass the PFA during a term must participate in the first PFA offered during the following term. (**EXCEPTION:** see para 2.6.7.)

2.6.5. **Non-contract** cadets are not required to wait 30 days for a PFA retest.

2.6.6. Passing scores for official PFAs administered at FT may be used to satisfy the enlistment requirement for the fall term **only** during the initial fall enlistment cycle following FT (starting 10 workdays before and ending 10 workdays after the start date for fall term classes at the host institution). These cadets are still required to pass the fall term PFA administered at the detachment.

2.6.7. A cadet in, or pending, MRS by HQ AETC/SG may be deferred from taking the PFA for the duration of the medical recheck period (if the medical condition precludes full participation in AFROTC fitness activities). Once released from MRS, the cadet will enter a 45-day reconditioning period, during which time he or she may participate in the PFA for practice only. Counsel the cadet in writing that he or she must pass the PFA no later than the 60th calendar-day after removal from MRS. If the 60th day occurs during a break between terms, the MRS waives the requirement to successfully complete the PFA for the previous term. Schedule the cadet to take the first PFA of the next term. Achieving a passing score on this PFA will fulfill both the current and previous term requirements (see para 2.6.1.). Note: While a cadet cannot be required to take the PFA during the 45-day reconditioning period, he or she may elect to take the PFA at anytime after release from MRS.

2.6.7.1. Medical Recheck Status for administrative-type procedures does not excuse cadets from PFA requirements. For example, a cadet may be in MRS for 12 months awaiting final certification for PRK or LASIK surgery. Once they are cleared for full activity by the operating doctor, they are expected to participate in PT and PFA in spite of MRS.

**2.7. Temporary Medical Deferrals.** The detachment commander may, for valid medical reasons, temporarily excuse a cadet from the PFA for up to 30 calendar-days. Document the medical deferral in writing by counseling the cadet on an AFROTC IMT 16. Refer to AFROTCI 36-2011 to determine if the medical reasons reflect a change in the cadet's medical status, which requires a request by the unit for HQ AETC/SG medical evaluation. If after 30 days, the cadet is still medically unable to participate in the PFA, refer to AFROTCI 36-2011 for a change in medical status and submission to HQ AETC/SG for a medical evaluation.

---

## Chapter 3

### OTS FITNESS PROGRAMS

#### *Section 3A – OTS BMI and Body Fat Standards*

#### **3.1. Responsibilities**

3.1.1. The OTS/CC will serve as final authority for all student administrative, discharge or separation actions based on BMI and body fat measurements.

3.1.2. The Physical Conditioning Instructors (PCI) will perform all BMI measurements for OTS students. PCIs and the 42 ABW Health and Wellness Center will measure students' body fat as necessary and IAW an established Memorandum of Understanding.

#### **3.2. BMI and Body Fat Measurements**

3.2.1. All students attending OTS should have a BMI measurement conducted at their local Military Entrance Processing Station (MEPS) or an AF-approved organization no earlier than 120 days prior to class start. Students should maintain a healthy lifestyle prior to attending OTS, to include physical fitness.

3.2.2. During in-processing, all students will be measured for compliance with AF BMI standards. Students exceeding a BMI of 27.5 kg/m<sup>2</sup> will have a body fat measurement taken IAW procedures stated in DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*. For students who exceed maximum allowable body fat standards as written in AFI 10-248, the following will apply:

3.2.2.1. BOT students will be administratively disenrolled IAW procedures outlined in AFI 10-248, *Fitness Program*, paragraph 6.1, and AFI 36-2013, *Officer Training Schools (OTS) and Airman Commissioning Programs*.

3.2.2.2. COT students will be entered into a remedial physical training program. Prior to beginning any physical training, COT students must be medically cleared for participation. Failure to meet AF BMI and body fat standards will be annotated on their AF IMT 475, **Education/Training Report**.



### *Section 3B – OTS Physical Fitness Standards*

#### **3.3. Responsibilities**

##### 3.3.1. The OTS/CC will:

3.3.1.1. Serve as final authority for all student discharge or separation actions based on failure to meet physical fitness standards.

3.3.1.2. Establish a process to ensure trainees on a medical waiver resume full activity (including participation in the PT program, PFA, etc.) on the date specified on their medical waiver.

3.3.1.3. Serve as the final approving authority for PFA waiver requests (BOT students only). Waivers will not normally be granted unless a student has achieved a passing score on a previous PFD and will not be released from a medical waiver in time to complete a PFA during the remaining scheduled training.

##### 3.3.2. The PCIs will:

3.3.2.1. Develop a PT program consisting of alternating muscular strength exercises and aerobic conditioning. The PCIs will develop a specific program for each class and will provide all students with initial PT program briefings that discuss exercise safety and healthy lifestyle options to include a demonstration of all exercises.

3.3.2.2. Ensure appropriate medical coverage is available for all PT activities. For high-stress activities, to include PFDs and PFAs, base ambulance support must be on scene. For medium-stress activities, OTS Independent Duty Medical Technicians (IDMT) must be on scene. For low-stress activities, IDMTs will be on-call at the OTS campus. The PCIs will adjust the PT activities based on the available medical coverage.

3.3.2.3. Provide tailored fitness programs to students entered into a remedial fitness program or upon request of a student. The tailored fitness program will address health, nutrition and physical fitness exercises.

#### **3.4. Physical Fitness Assessments**

3.4.1. AFI 10-248, Attachments 8 and 11, outline procedures and guidelines for the PFA and Attachment 12 provides the fitness assessment score charts. Students must complete all four tests of the PFA; no test is waiverable. Cycle Ergometry is not authorized to replace the 1.5-mile run.

★3.4.2. All students must complete the Fitness Screening Questionnaire (see AFI 10-248, Attachment 4) within 30 calendar days, but NLT 7 calendar days prior to taking a PFD or PFA.

3.4.3. Students will be given the opportunity to take at least one PFD prior to taking the PFA. Students who fail the PFD will receive personalized fitness instruction from the PCIs

to increase their chances of passing the PFA. If necessary, they will be entered into a remedial fitness program.

★3.4.4. BOT students must pass the PFA with a composite score of 75 or greater to successfully complete OTS training and receive their commission. Students who fail to pass the PFA will be administratively disenrolled IAW procedures outlined in AFI 36-2013.

3.4.5. COT students who fail to achieve a 70 or greater on the PFA will have their scores annotated on their AF IMT 475, **Education/Training Report**. Their gaining unit commander may use this information as justification for entry into a remedial fitness program at the gaining unit.

3.4.6. If a COT student is unable to take a PFD or PFA because of a medical waiver, the 23 TRS/CC will provide a letter to the gaining unit commander documenting the existence of the waiver. The gaining unit will schedule a fitness assessment as appropriate.

3.4.7. All students will be given their PFA scores via an official memorandum. Gaining units may use this information as evidence of completing the annual AF PFA requirement.

**3.5. IMTs Adopted:** AF IMT 475, **Education/Training Report**; AFROTC IMT 16, **Officer Candidate Counseling Record**.

FLOYD L. CARPENTER  
Brigadier General, USAF  
Commander, Air Force Officer Accession  
and Training Schools

**Attachment 1**

**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION**

***References***

DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*

AFI 10-248, *Fitness Program*

AFI 36-2013, *Officer Training Schools (OTS) and Airman Commissioning Programs*

AFROTCI 36-2010, *AFROTC Field Training Program*

AFROTCI 36-2011, *Administration of Senior Air Force ROTC Cadets*

AFROTCI 36-2017, *AFROTC College Program*

AFROTCI 36-2018, *AFROTC Special Actions Program*

AFROTCI 36-2019, *AFROTC Scholarship Programs*

***Abbreviations and Acronyms***

**23 TRS** – 23rd Training Squadron

**24 TRS** – 24th Training Squadron

**AFIT** – Air Force Institute of Technology

**AFOATS** – Air Force Officer Accession and Training Schools

**AFOATSI** – Air Force Officer Accession and Training Schools Instruction

**AFROTC** – Air Force Reserve Officer Training Corps

**AFROTCI** – Air Force Reserve Officer Training Corps Instruction

**BOT** – Basic Officer Training

**BMI** – Body Mass Index

**COT** – Commissioned Officer Training

**CSP** – College Scholarship Program

**FT** – Field Training

**HAWC** – Health and Wellness Center

**IDMT** – Independent Duty Medical Technician

**MABF** – Maximum Allowable Body Fat

**OTS** – Officer Training School

**PCI** – Physical Conditioning Instructor

**PFA** – Physical Fitness Assessment

**PFD** – Physical Fitness Diagnostic

**POC** – Professional Officer Course

**PSP** – POC Selection Process

**PT** – Physical Training

### ***Terms***

**AFROTC IMT 16, Officer Candidate Counseling Record** – Used to record cadet counseling sessions at AFROTC detachments.

**Body Fat Percentage** – The body is composed of fat and fat-free mass (which includes body water, bone mineral, proteins, glycogen, and other minerals). "Body fat" is expressed as "a percentage of total body weight." Total body fat is composed largely of stored fat and a small amount of "essential" fat that makes up cell membranes, nerve sheaths, and structural fat padding vital structures.

**Body Mass Index** – A mathematical expression that describes the normal proportions between weight and height. For example, two individuals of different heights, 5'6" and 6'2", would have comparable "skinny" proportions (i.e., the same low body mass index of 19 (kg/m<sup>2</sup>) at 117 and 148 pounds, or "heavy" proportions (the same high body mass index of 27.5 (kg/m<sup>2</sup>) at 170 and 214 pounds, respectively). Body mass index is calculated as weight (in kilograms) divided by the square of height (in meters); the equation for use with English units is  $BMI = 704.5 \times wt/ht^2$  where wt is in lbs and ht in inches.

**Over fat** – A Service member whose body fat exceeds the Service-prescribed standard as measured using the DoD circumference-based method.

**Term** – A college or university academic period. A term may be a semester or quarter.